

THE IMPACT ON SOCIAL MEDIA IN HUMAN LIFE

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Annotation: In today's fast-paced world, social media plays a crucial role in everyone's life, influencing both the positive and negative aspects of their daily balance. This article explores the effects of social media on all age groups. It highlights several negative consequences such as mental health issues, anxiety, low self-esteem, sleep disorders, high stress, and even depression. On the other hand, it also sheds light on its benefits, such as connecting with family and friends, accessing educational resources, and staying updated in different fields. Additionally, the article explains how excessive use of social media may affect memory and concentration, while suggesting how to use these platforms in a healthy and balanced.

Keywords: Social media, mental health, depression, anxiety, memory, communication, fake news, stress, concentration, education, connectivity, cyber safety, digital habits, sleep disorders.

Аннотация: В современном быстром мире социальные сети играют важную роль в жизни каждого человека, оказывая как положительное, так и отрицательное влияние на баланс жизни. В данной статье рассматриваются все аспекты использования социальных сетей людьми всех возрастов, включая негативные эффекты, такие как проблемы с психическим здоровьем, тревожность, низкая самооценка, нарушения сна, высокий уровень стресса и депрессия. Также обсуждаются положительные стороны, такие как возможность поддерживать связь с семьей и друзьями, доступ к образовательным ресурсам и получение новой информации в различных областях. Статья также подчеркивает, как чрезмерное использование социальных сетей может повлиять на память и концентрацию, и предлагает рекомендации по сбалансированному и здоровому использованию этих платформ.

Ключевые слова: Социальные сети, психическое здоровье, депрессия, тревожность, память, общение, фейковые новости, стресс, концентрация, образование, связь, кибербезопасность, цифровые привычки, расстройства сна.

Annotatsiya: Zamonaviy tezkor dunyoda ijtimoiy tarmoqlar har bir inson hayotida muhim rol o'ynaydi va hayot balansiga ijobiy hamda salbiy ta'sir ko'rsatadi. Ushbu maqolada barcha yoshdagilar orasida ijtimoiy tarmoqlarning barcha jihatlari, jumladan, ruhiy salomatlik muammolari, bezovtalik, o'z-o'ziga ishonchsizlik, uyqu buzilishlari, yuqori stress va depressiya kabi salbiy ta'sirlari tahlil qilinadi. Shuningdek, oilaviy va do'stlar bilan bog'lanish, ta'lim resurslariga ega bo'lish va turli sohalardagi yangi ma'lumotlarni olish kabi ijobiy tomonlari ham ko'rib chiqiladi. Maqolada ijtimoiy tarmoqlardan haddan tashqari foydalanish xotira va diqqatga qanday ta'sir qilishi ham yoritilgan hamda ushbu platformalardan muvozanatli va sog'lom foydalanish bo'yicha tavsiyalar berilgan.

Kalit so'zlar: Ijtimoiy tarmoqlar, ruhiy salomatlik, depressiya, bezovtalik, xotira, muloqot, yolg'on yangiliklar, stress, diqqat, ta'lim, aloqa, kiberxavfsizlik, raqamli odatlar, uyqu buzilishi.

Introduction. In today's digital age, social media has become an inseparable part of human life, influencing nearly every aspect of daily living. From maintaining personal relationships to gaining access to news and educational content, it plays a crucial role in modern communication. However, while social media offers many advantages, it also brings about several challenges that can negatively impact mental and physical well-being. Excessive screen time, exposure to unrealistic portrayals of life, and the constant need for validation have led to increased cases of anxiety, low self-esteem, and even depression, especially among younger generations. Additionally, fake news and privacy threats raise serious concerns about online safety. Despite these downsides, social media remains a powerful tool for creativity, learning, and global connection. This article aims to explore both the benefits and drawbacks of social media usage, offering insights into how it affects human life and providing suggestions for maintaining a healthy balance in the digital world.

Negative Effects of Social Media: In recent years, the usage of social media has rapidly increased, offering opportunities in various fields. However, it also brings serious negative consequences. This section explores how constant use of online platforms affects human life both mentally and physically. Mental health issues, memory loss, stress, and anxiety are among the common problems caused by overuse. Constant scrolling and

switching between apps trains the brain to expect fast content, reducing the ability to focus and weakening memory retention. Exposure to an overwhelming amount of information makes it harder to store and recall important details. Moreover, using phones and computers late at night can lead to sleep disorders, eye strain, and vision decline. Many people passively consume information without deep thinking, just scrolling or liking posts. Without deeper mental processing, memories are not stored effectively in the brain.

Moreover, the effect of social media is various such as if youngsters more face problems related to mental problems, they can get excess stress from news for adults. Another reason is that spread of fake news are the disadvantage site of online platforms which have negative impact on people's consideration. Cyber attacks and the safety of personal information – revealing personal data on social media can be dangerous. Many hackers use people's photos and personal details to make money or threaten them with menacing information. Modern occupations and opportunities – social media has created many opportunities such as online businesses, freelancing, and the chance to build personal or professional brands.

Positive Effects of Social Media: On the other hand, social media has many beneficial aspects that positively impact people of all ages. Firstly, it helps individuals stay connected with family and friends, even from a distance. It also supports education by providing valuable information and resources in various fields. Secondly, social media serves as a creative outlet for many people to express themselves through writing, photography, videos, and art. It allows users to find communities that share similar interests, which can create a sense of belonging and emotional support. When used properly, social media can motivate, inspire, and educate individuals across the world.

Solutions for Balanced Usage: There are many simple and affordable ways to use social media wisely without facing harmful consequences. First of all, people should learn to use it in a balanced and mindful way. Setting time limits for daily use can prevent overuse and protect mental health. It is also helpful to keep phones away and turn off notifications before sleeping, which can improve sleep quality and reduce eye strain. Moreover, using online platforms mainly for educational or creative purposes makes the experience more meaningful. Finally, spending more time engaging in real-life interactions and physical activities can reduce stress levels and improve overall well-being.

Conclusion. In conclusion, many people today suffer from the consequences of not knowing how to use mobile phones and similar gadgets in a proper way. Unfortunately, this

issue has become a global problem, affecting both mental and physical health. Despite this, social media still plays an essential role in our lives—it helps us stay connected, learn, and grow. The key is to use it wisely. By developing better digital habits and limiting screen time, people can benefit from social media without falling into its harmful traps. Balanced use can ensure that social media becomes a tool for good, not harm.

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